

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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B384 – GRITS, CORN, YELLOW, ENRICHED, 5 LB



Nutrition Information

Grits, yellow, enriched, regular and quick, dry and cooked without salt

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow corn (hominy) grits, coarse or fine ground, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	<ul style="list-style-type: none"> 8/5 lb bags. One 5 lb bag AP yields about 13³/₄ cups dry, regular grits OR about 62³/₄ cups cooked grits and provides about 251.5 ¹/₄-cup servings cooked grits OR about 125.5 ¹/₂-cup servings cooked grits OR about 83.5 ³/₄-cup servings cooked grits. One lb AP yields about 2³/₄ cups dry, regular grits OR about 12¹/₂ cups cooked grits and provides about 50.3 ¹/₄-cup servings cooked grits OR about 25.1 ¹/₂-cup servings cooked grits OR about 16.7 ³/₄-cup servings cooked grits. CN Crediting: ¹/₄ cup cooked grits provides ¹/₄ cup cooked cereal grain OR ¹/₂ cup cooked grits provides ¹/₂ cup cooked cereal grain OR ³/₄ cup cooked grits provides ³/₄ cup cooked cereal grain.
STORAGE	<ul style="list-style-type: none"> Store corn grits off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store corn grits under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	¹ / ₄ cup, dry (39 g)	¹ / ₂ cup, cooked (121 g)
Calories	145	71
Protein	3.43 g	1.72 g
Carbohydrate	31.04 g	15.57 g
Dietary Fiber	0.6 g	0.4 g
Sugars	0.25 g	0.12 g
Total Fat	0.47 g	0.23 g
Saturated Fat	0.06 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.52 mg	0.73 mg
Calcium	1 mg	4 mg
Sodium	0 mg	2 mg
Magnesium	11 mg	6 mg
Potassium	53 mg	25 mg
Vitamin A	1 IU	38 IU
Vitamin A	0 RAE	2 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	0.02 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost. For 100 ½-cup servings: Add 4 lb (2 qt 3 cups) corn grits to 3¾ gal of boiling water with 2 oz (¼ cup) salt (optional). Boil for 10 minutes, stirring frequently. Reduce heat and simmer, stirring occasionally.
USES AND TIPS	<ul style="list-style-type: none"> Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts. Serve enriched corn grits as a hot cereal or use in breads and muffins.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.